

## **CLASSES FOR BEGINNERS**

*Never ice skated or have limited skating experience  
start with one of the following Learn-to-Skate classes:*

### **Snow Plow Sam 1** (for ages 3 to 5, must be potty-trained)

**Basic 1** (classes for ages 6 to 8 and ages 9 to 17)

**Adult 1** (classes specifically designed for adults)

These classes teach the basic techniques of ice skating in a step-by-step approach that will take even the most timid of skaters from stepping onto the ice, to gliding, and even skating backwards! Skills taught include the proper way to get up from sitting, balancing on two feet, marching, two-foot glides, dip, forward swizzles, backward wiggles, and snow plow stop.

### **HOCKEY 1/2**

*Able to skate across the ice on your own, start with Hockey 1/2*

Learn-to-Skate class designed specifically for skaters wanting to play ice hockey. Skills taught include proper stance, forward striding, one-foot glides, backward hustle, forward & backward swizzles, glide turns, and snow plow stops.

### **HOCKEY 3/4**

*Able to perform the skills listed in Hockey 1/2, start with Hockey 3/4.*

Advanced hockey skating class designed to teach and promote proper skating technique. Skills taught include forward & backward C-cuts, backward one-foot glides, hockey turns, forward stops & starts, backward V-stop, forward & backward crossovers, mohawks, and hockey stops. Ice hockey helmet is required.

### **CROSS ICE**

*Able to perform the skills listed in Hockey 3/4, start with Cross Ice.*

Learn-to-Play class designed to teach the proper techniques involved in stick handling, passing, and shooting. Basic game skills will be developed through scrimmaging. Full equipment is required.

### **SKILLS & DRILLS**

*Able to perform the skills listed in Cross Ice, enroll in Skills & Drills.*

Instruction and drills designed to improve skating, stick handling, passing, and shooting skills. Lessons build on skills taught in Cross-Ice and incorporate game-play instruction. Class is designed for young players either currently enrolled in Learn to Skate or ready to enrolling in league play.

### **BAY AREA HOUSTON HOCKEY ASSOCIATION**

Skaters with previous skating or hockey experience (including inline league play) AND are able to perform the skills in Hockey 3/4 and Cross Ice should contact the Bay Area Houston Hockey Association, [www.bahha.org](http://www.bahha.org), to inquire about league play.